FRESH THYMES

MAGAZINE | *Holiday 2025*

ROOTED IN TRADITIONS

- Fresh Thyme Gives Back
- Light Holiday Sides
- Easy Entertaining

+ SHOP AND SAVE!
COUPONS INSIDE

Sweet & Savory Whipped Ricotta, page 21

FRESH THYME MARKET

FREE

poppi

sip, sip, celebrate!

Ginger Fizz
Prebiotic Soda
poppi
5g Sugar
pop!
be merry!
Soda's Back, but Better
Cranberry Fizz
Soda
poppi
5g Sugar
pop!
fizz!
be merry!
Soda's Back, but Better

Limited Holiday Flavors

5g Sugar

Ingredients You Can Love

Prebiotics

Low Calorie

Savor the season

With summer long gone and fall well underway, we at Fresh Thyme are reflecting on a year well spent—a year full of tasty meals and healthier homes, of strong local partnerships and thriving communities. Thanks to our incredible team members and customers, our commitment to serving others grew each day. Every dollar donated, every meal provided, and every child supported happened because of you.

To show our gratitude, we are excited to share nourishing meals and soothing self-care rituals. Try our Warm Harvest Vegetable Salad, or elevate your holiday meal with Hot-Honey Smashed Brussels Sprouts. Relish a slow morning with toasty Fresh Thyme coffee or add yoga to your morning routine. With fresh foods and exciting new products, the best of the year is still to come.

Happy holidays from Fresh Thyme Market!

FEATURES

10 ROOTED IN TRADITIONS
Impress holiday guests with fresh turkey and produce from our hardworking farmers.

16 GIVING BACK
We live our values. See how Fresh Thyme supported our communities this year.

20 EAT & BE MERRY
Easy appetizers good enough to rival the main course.

31 MOVE AWAY STRESS
Mindful movement, like yoga and long walks, keeps holiday stress at bay.

34 AT-HOME CAFÉ
Stock your coffee bar with syrups, sauces, and Fresh Thyme grounds.

DEPARTMENTS

3 THYME TO DISH
Registered Dietitian Meghan Daw Sedivy on healthful habits during the holidays.

4 WHAT'S FRESH?
Learn about the tasty, immune-boosting benefits of fresh, crisp winter veggies.

7 FRESH THYME FINDS
Get high-quality staples for your home by choosing Fresh Thyme Market products.

8 TRY SOMETHING NEW
Exciting new finds for hosting holiday guests.

38 BODY CARE
Share the love with custom gift baskets full of soothing self-care and beauty products.

40 HOLISTIC HEALTH
Learn how Fresh Thyme's partnership with Vitamin Angels helps millions of women and children attain essential nutrients.

GET SOCIAL WITH US

Visit *freshthyme.com* for exclusive deals, MyThyme coupons, and recipes. Follow us for delicious recipes, innovative products, and natural tips, and share your ideas by tagging us at #FreshThymeFinds!

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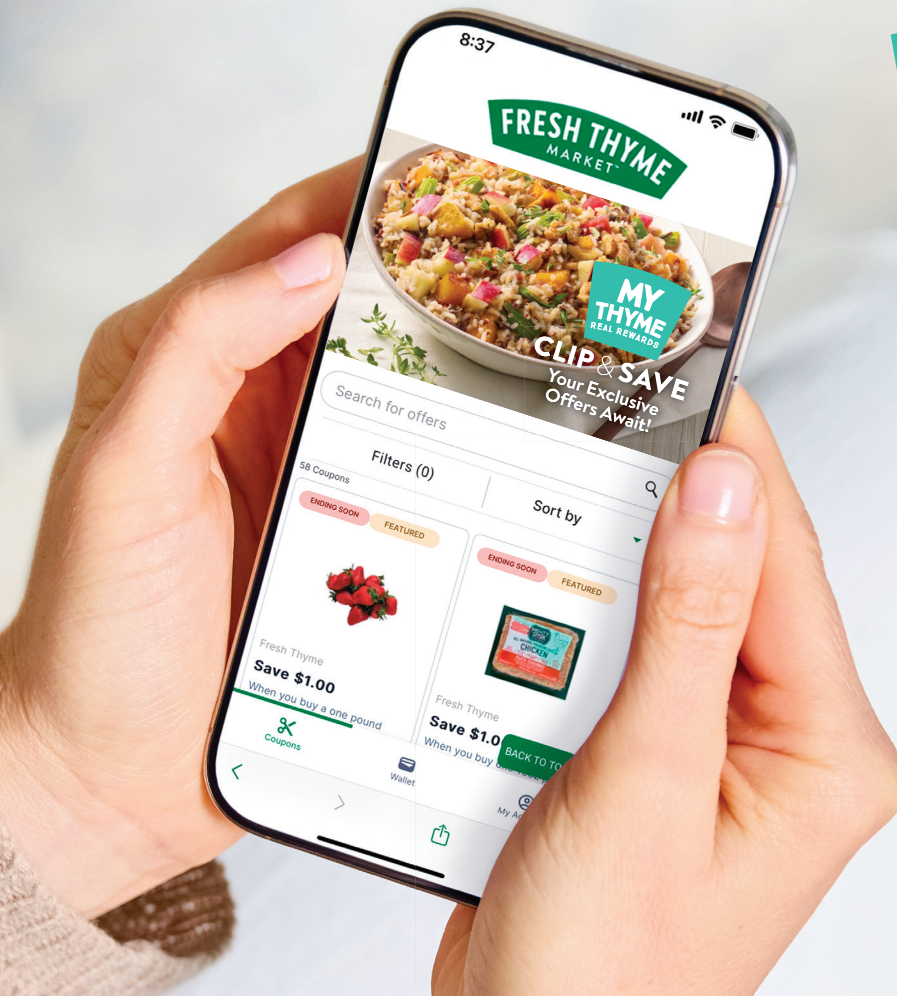
Get Cozy With MYTHYME REWARDS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FRESH THYME MARKET
MY THYME REAL REWARDS
CLIP & SAVE
Your Exclusive Offers Await!
Search for offers
Filters (0)
Sort by
58 Coupons
ENDING SOON
FEATURED
Fresh Thyme
Save $1.00
When you buy a one pound
Save $1.0
When you buy
BACK TO TO
Coupons
Wallet
My A

MY THYME REAL REWARDS

JOIN NOW AND GET $10 OFF $50!*

MyThyme members get dozens of digital coupons every month! Simply download the mobile app or visit our website to unlock your rewards, then enter your phone number or scan your barcode at checkout when you shop.

- DIGITAL COUPONS
- BIRTHDAY REWARD
- EXCLUSIVE DEALS

Scan the QR code, download the Fresh Thyme app, or register online at *freshthyme.com/mythyme-loyalty*

Stay Connected

Follow us for delicious recipes, innovative products, and natural tips to help you and your family. Share your ideas by tagging us at #FreshThymeFinds!

PICKUP OR DELIVERY

Scan the QR code to shop your way and schedule pickup or delivery.

*

Our Holiday Ski Pass is back! For seven straight weeks, redeem exclusive member savings coupons on the Fresh Thyme app for special holiday deals on coffee, dairy, meat, and more. Start saving November 5th.

A HEALTHIER HOLIDAY

NOURISH YOUR BODY AND SOUL WITH DIETITIAN-APPROVED TIPS FOR A BALANCED HOLIDAY MEAL.

The holidays are filled with joy, family, and delicious food. But eating well this time of year doesn't mean skipping the stuffing or passing on dessert. It's about intentional choices that help you feel good during and after the meal.

Shift Your Mindset Instead of focusing on foods to avoid, shift your mindset to foods that are filling and nourishing. Try adding seasonal fruits and veggies like vibrant beets, sweet potatoes, pomegranate seeds, and Brussels sprouts to your holiday spread. Our Warm Harvest Vegetable Salad recipe, *page* 5, is heavy on flavor and nutrients to fill and fuel your body without guilt.

Balance Your Plate Before you dive into that beautiful pool of gravy, fill half your plate with vegetables, fruits, grains, nuts, and seeds. This helps balance your meal with fiber, nutrients, and flavor. Choose from a variety of traditional and unique proteins like turkey, salmon, lamb, and beef to help you feel satisfied longer and to support your blood sugar balance.

Satisfy Your Sweet Tooth Have a favorite treat but start with a small portion. Savor it slowly and truly enjoy it. Healthy holiday eating doesn't mean perfection. It's about balance, mindfulness, and enjoying the season—one bite at a time.

DIETITIAN
MEGHAN DAW SEDIVY
RD, LDN

"Healthy holiday eating isn't about saying no to your favorite foods—it's about making choices that help you feel good during and after the meal. When you focus on adding nourishing foods, balancing your plate, and enjoying treats mindfully, you can savor the season intentionally."

SEASON'S HARVEST

ADD VIBRANT COLOR, KEY NUTRIENTS, AND DELICIOUS FLAVOR TO WINTER MEALS.

Enliven winter recipes with rich, hearty produce. While few things grow in winter, some end-of-summer and fall produce can be harvested and stored to stay fresh for months. We're looking at you, root veggies! Other crops, like broccoli, spinach, and kale, grow well in milder zones (7 to 10) through the winter months.

Eating an assortment of complex carbohydrates and leafy greens fuels your body for optimal performance and health during the winter. Rich in immune-boosting antioxidants, minerals, vitamins, and fiber, these cold-weather staples may help you fight off seasonal illness. Whether you sauté, steam, or roast colorful and nutrient-dense vegetables, both your taste buds and body will feel the benefits.

*

HOME FOR THE HOLIDAYS

Fresh Thyme is proud to offer hearty fall and winter produce from Midwest growers. Locally grown foods travel shorter distances to the stores, making them nutrient-rich and a smart choice for the environment.

Source: *https://www.abrinternationaljournal.org/articles/a-review-nutritional-value-of-winter-vegetables-110322.html*

WARM HARVEST VEGETABLE SALAD

Tender, roasted, melt-in-your-mouth beets are the star of this easy holiday side dish.

PREP 30 minutes
COOK 1 hour 5 minutes
SERVES 9

6 red and/or golden beets
7 Tbsp. Fresh Thyme extra virgin olive oil, divided
½ tsp. Fresh Thyme fine sea salt, divided
¾ tsp. Fresh Thyme organic ground black pepper, divided
5 whole organic purple and/or orange carrots, trimmed and peeled
2 medium sweet potatoes, unpeeled and cut into 1- to 1¼-inch pieces
2½ cups Brussels sprouts, trimmed and halved
2 Tbsp. Fresh Thyme honey mustard
2 Tbsp. Fresh Thyme organic apple cider vinegar
½ cup pomegranate arils
½ (4.4 oz.) pkg. cold garlic and herb goat cheese, broken into pieces

1. Preheat oven to 425°F. Trim beets, leaving 1 inch of stems intact; set aside greens. Scrub beets well. Place beets on a large sheet of heavy foil. Drizzle with 1 Tbsp. olive oil. Sprinkle with ¼ tsp. salt and ¼ tsp. pepper; rub to coat. Wrap tightly in foil; place in a medium rimmed baking pan. Roast for 30 minutes.

2. Meanwhile, in a large rimmed baking pan, arrange whole carrots, sweet potatoes, and Brussels sprouts in a single layer. Drizzle with 3 Tbsp. olive oil; sprinkle with ¼ tsp. salt and ¼ tsp. black pepper. Toss to coat.

3. Roast all vegetables for 30 to 35 minutes more or until fork-tender.

4. Meanwhile, in a large bowl, whisk together remaining 3 Tbsp. olive oil, honey mustard, vinegar, and remaining ¼ tsp. black pepper. Set dressing mixture aside.

5. Remove and discard any woody stem parts of beet greens. Wash and thinly slice 1 cup tightly packed greens. Discard remaining beet greens. Toss sliced beet greens in salad dressing mixture; refrigerate.

6. Remove beets and vegetables from oven; cool slightly. Rub off beet skins with paper towels. Remove and discard roots and stems from beets. Cut beets into wedges. Diagonally cut carrots into 3-inch pieces.

7. Add roasted vegetables and pomegranate arils to the large bowl with dressing mixture; toss to coat. Spoon onto a serving platter. Top with goat cheese.

Each serving contains: *260 calories, 13 g fat, 2.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 270 mg sodium, 32 g carbohydrates, 7 g fiber, 15 g sugar, 5 g protein.* ***Daily values:*** *0% vitamin D, 4% calcium, 8% iron, 15% potassium.*

RITUAL ZERO PROOF®

START A RITUAL

THE NON-ALC WAY

ONE-TO-ONE SPIRIT REPLACEMENT

Made for cocktails,
just swap traditional spirits with Ritual
to make all your favorite cocktails non-alcoholic.

NO & LOW CALORIE

1-2G OF SUGAR

CRUSH TOMORROW

SHOP NOW

SIMPLE, QUALITY INGREDIENTS

GOOD-FOR-YOU FOODS AT EVEN BETTER PRICES.

Fresh Thyme curates everyday essentials made with wholesome ingredients and the kind of care you can feel good about. From pantry to produce, it's all crafted to nourish your family, your health, and your home—because healthy living should feel simple and real.

FRESH THYME MARKET PINEAPPLE Tidbits IN 100% PINEAPPLE JUICE
FRESH THYME MARKET ORGANIC GARLIC Powder
FRESH THYME MARKET ORGANIC PENNE RIGA Pasta
FRESH THYME MARKET ORGANIC FARFALLE Pasta
IMPORTED FROM Italy
FREE FROM ARTIFICIAL PRESERVATIVES, SWEETENERS, FLAVORS & ARTIFICIALLY-DERIVED COLORS
NET WT. 16 OZ (1LB) 454g
FRESH THYME MARKET ORGANIC OLIVE OIL Extra Virgin FIRST COLD EXTRACTED
FRESH THYME MARKET SHREDDED MOZZARELLA LOW-MOISTURE • PART-SKIM Cheese
ALL NATURAL | FREE RANGE FRESH THYME MARKET FREE FROM STEROIDS, ANTIBIOTICS AND ADDED HORMONES ORGANIC GROUND BEEF 85% LEAN • 15% FAT
FRESH THYME MARKET SUPER SWEET CORN STEAM & SERVE
ORGANIC SPAGHETTI Pasta

We're proud of our high standards for taste and quality. Look for our "Free From" badge, promising the omission of additives like artificial preservatives, artificial sweeteners, and more.

TRY SOMETHING NEW

FRESH THYME FAVORITES FOR HOLIDAY PARTIES

FOR SMALL GATHERINGS OR A FULL HOUSE, THESE PRODUCTS MAKE HOSTING A BREEZE.

CORO
ARTISAN MEATS
CHARCUTERIE TRIO
CLASSIC
HOT SOPRESSATA
CHIPOTLE & COCOA
Uncured Salami

CORO CHARCUTERIE TRIO

Coro's best-selling salami trio takes your taste buds on a ride! Each crowd-pleasing box includes Coro's Classic Salami and Spicy Hot Sopressata, plus our favorite Chipotle & Cocoa with a hint of cinnamon, inspired by Mexican mole.

Marieke
GOUDA
TRUE FARMSTEAD CHEESE
CRANBERRY

MARIEKE CRANBERRY GOUDA

Marieke Gouda's cranberry flavor perfectly balances tangy and sweet, winning a spot on our holiday grazing board. Aged more than 60 days and proudly made in Wisconsin, this cheese is crafted with care you can taste.

TÖST
SANGRIA
TÖST
ROSÉ
TÖST

TÖST

Free of alcohol and full of personality, TÖST's all-natural sparkling beverages are made to celebrate life's moments. Each bottle is low in calories and sugar and has a dry, not-too-sweet flavor profile perfect for entertaining.

doughy
chocolate chip cookie dough

DOUGHY

Raw cookie dough we can eat? Yes, please! Doughy makes delicious batches of creamy vegan cookie dough using simple ingredients. Enjoy straight from the tub, or bake off a batch of ooey, gooey chocolate chip cookies to share.

if you care
Parchment Baking Paper
if you care
Coffee Filters
100 FILTERS
if you care
Automatic Dishwasher Tablets

IF YOU CARE PARCHMENT BAKING PAPER, COFFEE FILTERS, AND DISHWASHER TABLETS

Feel good about baking an extra tray—or two! If You Care kitchen and household products are created without harmful chemicals and to have the least environmental impact possible, making holiday prep safe, easy, and better for all.

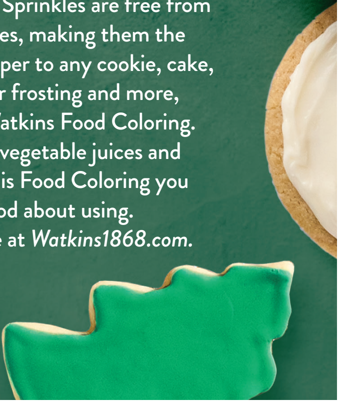
WATKINS
ORGANIC
ORIGINAL GOURMET BAKING VANILLA
WITH PURE VANILLA EXTRACT AND OTHER NATURAL FLAVORS
2 FL OZ
WATKINS
ASSORTED FOOD COLORING
NO ARTIFICIAL DYES
Red
Yellow
Green
Blue
4 – 0.3 FL OZ BOTTLES 1.2 FL OZ (35 mL)
WATKINS
Rainbow SPRINKLES
NO ARTIFICIAL DYES
NET WT 3.4 OZ (98 g)
SINCE 1868

TRY SOMETHING NEW

BRAND SPOTLIGHT

WATKINS

Sprinkle some love this holiday season! Watkins Decorating Sugars and Sprinkles are free from artificial dyes, making them the perfect topper to any cookie, cake, or bake. For frosting and more, tint with Watkins Food Coloring. Made with vegetable juices and spices, this is Food Coloring you can feel good about using. Learn more at *Watkins1868.com*.



Boar's Head®

HOW 2
CHARCUTERIE

FRESH THYME

NOW FEATURES *new* BOAR'S HEAD®
HOLIDAY ENTERTAINING SECTION

PICK 2 OR MORE
MEATS

PICK 2 OR MORE
CHEESES

PICK 2 OR MORE
ACCOMPANIMENTS

ROOTED *in* TRADITIONS

This season, Fresh Thyme Market celebrates time-honored holiday recipes and the farmers who make our favorite dishes possible. Their year-round dedication provides healthful, wholesome foods that nourish our families and enrich our communities. Experience the fruits of their labor with real, quality ingredients harvested by hardworking hands.

JAINDL'S GRAND-CHAMPION ROASTED TURKEY

From the Jaindl family to yours—their foolproof recipe for juicy, easy-to-make turkey for your holiday feast.

PREP 40 minutes plus thawing and standing time
COOK 30 minutes plus 15 minutes per pound of turkey and standing time
SERVES 26 (4 oz. each)

1 (14 to 16 lb.) Jaindl Family Turkey Farms Grand Champion frozen young turkey
Fresh Thyme cooking spray
2 medium carrots, peeled and cut into chunks
2 large celery ribs, cut into chunks
1 medium onion, peeled and cut into chunks
Fresh Thyme organic poultry blend (fresh rosemary, sage, and thyme), optional
¼ cup Fresh Thyme olive oil and/or Fresh Thyme unsalted butter, melted
Desired seasonings, such as Fresh Thyme salt, Fresh Thyme organic ground black pepper, poultry seasoning, Fresh Thyme ground organic paprika, and/or Fresh Thyme freeze-dried parsley
2½ cups Fresh Thyme chicken broth
Fresh cranberries, for garnish
Desired citrus fruits, for garnish

1. Thaw turkey according to package directions. Remove turkey from the refrigerator about 1 hour before roasting.

2. Place oven rack in lower third of oven; preheat oven to 400°F. Spray roasting rack with cooking spray; place rack in large, shallow roasting pan and set aside.

3. Remove neck and giblets from the two cavities in the bird; discard or reserve for another use. Pat cavities and skin dry.

4. Stuff neck and body cavities with carrots, celery, onion and, if desired, fresh poultry herbs. Don't pack tightly. Skewer neck skin to back. Tie drumsticks together with kitchen string. Twist wing tips under back.

5. Place turkey, breast side up, on roasting rack. Rub outside of turkey with olive oil and/or melted butter. Rub with desired seasonings. Pour broth into the bottom of the roasting pan. Tent turkey with foil, crimping foil to edges of roasting pan. Roast for 30 minutes.

6. Reduce oven temperature to 325°F. Continue roasting for 15 minutes per pound, removing foil 1 to 2 hours before turkey is done. Turkey will be done when internal temperature reaches 170°F in center of breast and drumsticks easily move up and down. If necessary, cover wing tips with foil to prevent overbrowning.

7. Remove turkey from oven; transfer to cutting board. Loosely cover with foil; let stand for 20 minutes.

8. To serve, remove and discard carrots, celery, onion, and herbs from turkey. Carve turkey and garnish as desired.

Each serving contains: *150 calories, 2.5 g fat, 0.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 105 mg sodium, 2 g carbohydrates, 0 g fiber, 0 g sugar, 28 g protein.* ***Daily values:*** *0% vitamin D, 0% calcium, 2% iron, 8% potassium.*

Hot Tip:

Smashing increases the surface area of Brussels sprouts, allowing for more deliciously crispy and charred edges.

HOT-HONEY SMASHED BRUSSELS SPROUTS

This crispy, sweet-and-spicy dish transforms humble Brussels sprouts into a crave-worthy side.

PREP 15 minutes **COOK** 36 minutes
SERVES 6 *(1 cup each)*

Fresh Thyme cooking spray
2 Tbsp. Fresh Thyme extra virgin olive oil
3 Tbsp. hot honey, plus more for serving
2 tsp. Fresh Thyme organic crushed chili peppers, plus more for garnish
½ tsp. Fresh Thyme fine sea salt
2½ lb. large Brussels sprouts, trimmed and halved
1 lemon, halved
Italian parsley, for garnish

1. Preheat oven to 450°F. Line 2 large rimmed baking pans with foil; lightly coat with cooking spray and set aside.

2. In a large bowl, whisk together olive oil, 3 Tbsp. hot honey, 2 tsp. crushed chili peppers, and salt. Stir in Brussels sprouts to coat.

3. In prepared baking pans, place Brussels sprouts, cut sides down, in a single layer. Place a lemon half, cut side down, in each baking pan. Roast for 28 to 32 minutes or until cut sides are golden brown. Remove pans from oven. Turn over Brussels sprouts. Using a flat-bottom glass or measuring cup, smash each sprout. Remove lemon halves from baking pans; set aside.

4. Place oven rack 6 inches from top heat; preheat broiler to high. Broil one baking pan at a time for 1 to 2 minutes or until sprouts are crisp and dark golden brown. Remove from oven; transfer to a serving dish. Squeeze juice from roasted lemons over sprouts. Garnish with more hot honey and crushed chili peppers, and parsley, if desired.

Each serving contains: *160 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 180 mg sodium, 27 g carbohydrates, 8 g fiber, 13 g sugar, 6 g protein.* ***Daily values:*** *0% vitamin D, 6% calcium, 15% iron, 15% potassium.*

AUTUMN MAPLE RICE PILAF

A healthier take on stuffing, this rice pilaf is made with an aromatic herb mixture and seasonal produce.

PREP 30 minutes **COOK** 45 minutes
SERVES 8 *(1 cup each)*

- **3 Tbsp. Fresh Thyme extra virgin olive oil**
- **2 Tbsp. Fresh Thyme organic maple syrup**
- **½ tsp. Fresh Thyme fine sea salt**
- **½ tsp. Fresh Thyme organic ground black pepper**
- **4 cups refrigerated Fresh Thyme precut butternut squash cubes, cut to ½- to ¾-inch pieces**
- **3 ribs celery, sliced into ½-inch pieces**
- **¾ cup chopped yellow onion**
- **2 cups Fresh Thyme organic vegetable broth**
- **1 (0.8 oz.) pkg. Fresh Thyme organic poultry blend (fresh rosemary, sage, and thyme), divided**
- **1½ cups RiceSelect royal rice blend**
- **1 Cosmic Crisp apple, cored and chopped**
- **½ cup chopped walnuts, toasted; plus more for garnish**

1. Preheat oven to 400°F. In a large bowl, whisk together olive oil, maple syrup, salt, and pepper. Add butternut squash, celery, and onion; toss to coat. Transfer to a large rimmed baking pan. Roast for 40 to 45 minutes or until vegetables begin to brown on the edges, turning vegetables halfway through.

2. Meanwhile, in a medium saucepan, bring vegetable broth to a boil. Remove half the thyme from the herb blend. Remove leaves from stems; discard stems. Finely chop thyme; set aside. Using 100-percent-cotton kitchen string, tie remaining poultry herbs together.

3. Stir herb bundle and rice blend into boiling broth; reduce heat to low. Simmer, covered, for 15 to 16 minutes or until rice is tender and broth has been absorbed. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.

4. To serve, in a large bowl, gently stir together cooked rice, roasted vegetables, apple, ½ cup walnuts, and reserved chopped thyme. Garnish with more walnuts, if desired.

Each serving contains: *240 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 290 mg sodium, 36 g carbohydrates, 4 g fiber, 8 g sugar, 4 g protein.* ***Daily values:*** *0% vitamin D, 6% calcium, 6% iron, 10% potassium.*

SMOKY TURKEY SWEET POTATO BITES

Roasted sweet potatoes get topped with peppery harissa seasoning and tender leftover turkey slices.

PREP 20 minutes
COOK 30 minutes
SERVES 9 *(2 each)*

- **Fresh Thyme cooking spray**
- **3 Tbsp. Fresh Thyme unsalted butter**
- **2 Tbsp. Fresh Thyme light brown sugar**
- **1 Tbsp. harissa seasoning, plus additional for garnish**
- **2 medium sweet potatoes, unpeeled**
- **8 to 9 oz. warmed leftover turkey, thinly sliced**
- **⅓ cup canned whole berry cranberry sauce, warmed**
- **3 Tbsp. chopped pecans, toasted**
- **2 Tbsp. slightly chopped fresh parsley**
- **Fresh Thyme coarse sea salt, to taste**

1. Preheat oven to 400°F. Line a large rimmed baking pan with foil. Spray with cooking spray.

2. In a small microwave-safe bowl, microwave butter on high until melted. Whisk in brown sugar and 1 Tbsp. harissa seasoning. Set aside.

3. Trim and discard ends of each sweet potato. Cut potatoes crosswise into 18 (½-inch-thick) slices. Place in a single layer in prepared pan; lightly brush tops with harissa-butter mixture. Bake for 15 minutes. Turn over potato slices. Brush with remaining harissa-butter mixture. Bake for 15 to 16 minutes more or until fork-tender.

4. Top each potato slice with a piece of turkey. Skewer with a wooden pick. Top bites with cranberry sauce. Sprinkle with pecans and parsley. Garnish with additional harissa seasoning and season to taste with salt, if desired.

Each serving contains: *170 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 55 mg sodium, 22 g carbohydrates, 3 g fiber, 9 g sugar, 8 g protein.*
Daily values: *0% vitamin D, 2% calcium, 4% iron, 8% potassium.*

Fight Food Waste

Revive holiday leftovers with these bite-size sweet potato medallions.

welcome to JAINDL FARMS

Fresh Thyme partners with farmers who share our commitment to real, good foods, like the family-run Jaindl Farms. For five generations, the Jaindl family has raised quality turkeys through healthy and humane processes that leave the least impact on our environment.

Jaindl prides itself on being the gold standard for dependable quality, flavor, and value. Distinguished by fuller, broader breasts, Jaindl turkeys provide up to 54% more white meat than other brands. With 55% less fat and 25% fewer calories than other raw turkeys, Jaindl turkeys are the only "lite"* whole-bodied turkeys on the market. The turkeys' living quarters ensure a healthy quality of life, with clean straw, plenty of sunlight, and even enrichment inside the sturdy barns.

Fully self-reliant, the Jaindl family hatches, raises, processes, and markets its turkeys with sustainability in mind. The family takes measurable steps to reduce carbon emissions, produce less waste, and continually seek ways to improve. Jaindl Farms practices regenerative farming by planting crops to feed the turkeys and by incorporating cover crops and green spaces to protect the land. The Jaindls believe the best way to ensure quality and wholesomeness is to do it themselves.

> "FRESH THYME'S COMMITMENT TO WHOLESOME, HIGH-QUALITY FOODS ALIGNS WITH OUR MISSION OF DELIVERING TURKEYS RAISED WITH CARE, TRADITION, AND INTEGRITY."
>
> –Luke Jaindl, Vice President

"Lite" as confirmed by the United States Department of Agriculture (USDA).

FRESH THYME MARKET
FRESH THYME MARKET OLIVE OIL Extra Virgin FIRST COLD EXTRACT
FRESH THYME FARMERS MARKET MARKET RESERVE ARRABBIATA PASTA SAUCE
FRESH THYME FARMERS MARKET CHICKEN Broth
FRESH THYME FARMERS MARKET OLD FASHIONED Peanut Butter CRUNCHY
USDA ORGANIC
FRESH THYME MARKET REAL FRESH, REAL LOW PRICES

GIVING BACK

IT'S THE MOST WONDERFUL TIME OF THE YEAR FOR OUR COMMUNITY. AS THE SEASON ENDS, WE THANK OUR TEAM MEMBERS AND CUSTOMERS WHO'VE HELPED US MAKE A LASTING AND MEANINGFUL DIFFERENCE.

COMMUNITY FIRST

At Fresh Thyme Market, we're committed to our communities. Each and every day, we lift up local business owners, source excellent-quality foods for our customers, and give back to the people we serve.

Since opening our doors in 2014, we have made service a priority. Company-wide, we hold Round-Up at the Register events and food drives to support global nonprofit organizations. At a local level, our store managers find distinctive ways to give back to their communities. Rebecca Stephens, Local Program Manager, says, "Community involvement builds morale by giving our team members a deeper sense of purpose. They take pride in supporting causes that matter to them and seeing the real impact of their efforts in their communities."

$418,370

RAISED FOR FEEDING AMERICA

in 2024 through our company-wide Round-Up at the Register event.

9,901

BAGS OF FOOD DONATED

in 2024 through our Grab & Give program.

> *"Investing in our communities is at the heart of Fresh Thyme's mission to connect and inspire a healthier future. That mission doesn't stop at our doors."*
>
> –Rebecca Stephens,
> Local Program Manager

TEAM MEMBER
LISA ZAVALA
Experience Manager
Geneva, IL
10 Years at Fresh Thyme Market

"We sponsored a Color Outside the Lines 5K and Family Fair to raise awareness for Next Generation Playground. Getting involved gives us the opportunity to have more awareness of our community's needs, allowing us to build stronger, more connected relationships with the people who support us every day."

2025 GIVING RECAP

THANK YOU TO OUR PARTNERS, EMPLOYEES, AND CUSTOMERS FOR MAKING 2025 MERRY AND BRIGHT.

FEEDING AMERICA

Since 2014, Fresh Thyme has been a proud partner of Feeding America, the largest hunger-relief organization in the U.S. Together, we work toward a hunger-free America through support for food banks, pantries, meal programs, and advocacy. Throughout the year, our Round-Up at the Register fundraisers allow customers to support hunger relief. Fresh Thyme stores also donate surplus food to local food banks. Thanks to our incredible employees and generous customers, Fresh Thyme and Feeding America are making a big difference in the fight against food insecurity.

Fresh Thyme donated 2.3 million meals in 2024 to Feeding America's network of food banks.

GRAB & GIVE

We make it easy to make a difference. Throughout November and December, purchase a pre-filled bag of pantry staples and we'll donate it to a local food bank. Grab & Give bags include nutritious canned goods and shelf-stable ingredients so families in need can cook delicious meals at home.

VITAMIN ANGELS

Vitamin Angels believes every pregnant woman and every infant deserves proper nutrition. **Learn more about Vitamin Angels on *page 40!***

RAISERIGHT

Make every purchase count. Buy a $25 or $100 Fresh Thyme Market gift card through RaiseRight, and 5% goes to a charity of your choice.

HYPER-LOCAL PROGRAMS

Learn how our dedicated teams give back at the local level.

- **Susan G. Komen:** Our Michigan team members and customers raised more than $15,000 to help fight breast cancer.
- **Northern Illinois Food Bank:** Members of our executive leadership team helped pack 4,320 pounds of food for Illinois residents.
- **Ronald McDonald House:** Collectively, our St. Louis stores raised $51,831 to help fight food insecurity in their community.
- **Autism Awareness 5K:** Our Joliet, Illinois store sponsored an autism awareness event, handing out healthy snacks and drinks.

Source: https://www.feedingamerica.org/partners/food-rescue-fund

Growing Up *Strong,* One Gummy at a Time!

Nutrition for Kids!®
ChildLife Essentials
Multi Vitamin Gummy
Sugar Free
with DHA
with LUTEIN
Natural Strawberry Lemon Flavor
Dietary Supplement
90 Gummies
Supplement Facts

ChildLife Essentials® Multi Vitamin Gummy

Delivers a wide variety of exceptional nutrients to support the unique nutritional needs of children.*

Full of all-natural yumminess with

0 SUGAR ADDED

GLUTEN FREE • NON-GMO •
NO ARTIFICIAL SWEETENERS • NO FILLERS •
NO ARTIFICIAL COLORS

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ChildLife® Essentials

childlifenutrition.com

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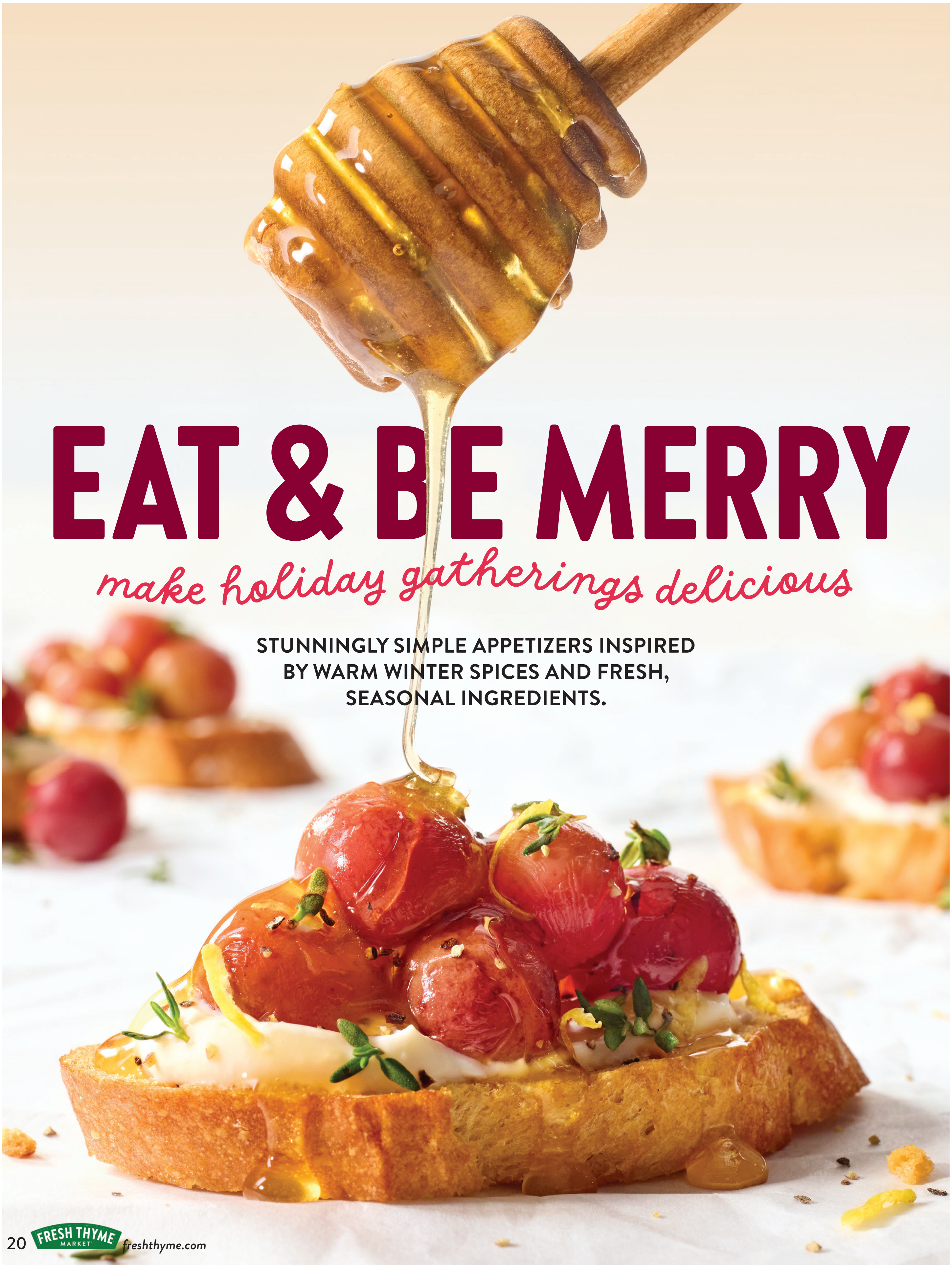


EAT & BE MERRY

make holiday gatherings delicious

STUNNINGLY SIMPLE APPETIZERS INSPIRED BY WARM WINTER SPICES AND FRESH, SEASONAL INGREDIENTS.

SWEET & SAVORY WHIPPED RICOTTA

Feeling sweet or savory? This ultra creamy whipped ricotta dip is a delicious and versatile base for two flavorful toppers.

PREP 10 minutes
SERVES 10 (*¼ cup each*)

1 (16 oz.) container whole milk ricotta con latte
½ (8 oz.) container mascarpone cheese, at room temperature
1 Tbsp. lemon zest
1 Tbsp. fresh lemon juice
1 Tbsp. Fresh Thyme honey
½ tsp. Fresh Thyme fine sea salt, plus more to taste

1. In a food processor, place ricotta and mascarpone cheeses, lemon zest and juice, honey, and ½ tsp. salt; cover and process until smooth.

2. Transfer ricotta mixture to a serving bowl. Top with a sweet or savory topper, and serve with desired dippers.

Each serving contains: *60 calories, 4.5 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 80 mg sodium, 2 g carbohydrates, 0 g fiber, 2 g sugar, 3 g protein.* ***Daily values:*** *0% vitamin D, 10% calcium, 0% iron, 0% potassium.*

Spiced Pecan Topper: Preheat oven to 350°F. Line a small rimmed baking pan with parchment paper and lightly spray with cooking spray. In a medium bowl, stir together 1 cup pecan halves, 2 Tbsp. Fresh Thyme honey, ½ tsp. Fresh Thyme organic chili powder, and ¼ tsp. Fresh Thyme fine sea salt. In prepared baking pan, spread mixture in a single layer. Bake for 5 minutes. Stir; bake for 5 minutes more. Cool completely. Top whipped ricotta with 2 Tbsp. Mexican chili crisp nuts & seeds and spiced pecans.

Roasted Grape Topper: Preheat oven to 400°F. Line a small rimmed baking pan with foil. Place 3 (3-oz.) red seedless grape bunches in prepared pan. In a small bowl, whisk together 1 tsp. Fresh Thyme extra virgin olive oil and 1 Tbsp. Fresh Thyme honey; brush grapes with honey mixture. Top with 2 Fresh Thyme organic thyme sprigs. Roast for 12 to 15 minutes or until skins just begin to shrivel and grapes release juices; cool slightly. Discard thyme sprigs. Top whipped ricotta with roasted grapes and grape juices. Garnish with more honey, thyme leaves, black pepper, and lemon zest, if desired.

Get creative with toppers! For our cover, we created a beautiful wreath of crostini topped with whipped ricotta, apple slices, pomegranate, and fresh herbs.

CITRUS-AND-FENNEL SMOKED SALMON CUPS

Vibrant and light, these no-cook salmon cups are an easy party app.

PREP 30 minutes
SERVES 8 *(1 each)*

- **16 butter lettuce leaves, washed and dried**
- **½ bulb fennel, cored and thinly sliced; reserve fronds for garnish**
- **½ grapefruit, peeled and segmented**
- **1 small navel orange, peeled and segmented**
- **1 mini cucumber, thinly sliced**
- **1 (4 oz.) pkg. Echo Falls traditional hot-smoked coho salmon**
- **½ cup baby arugula**
- **Fresh Thyme ground black pepper, for garnish**
- **Fresh Thyme organic Asian lemon sesame ginger dressing, for serving**

1. Place lettuce leaves on a serving platter in stacks of 2 each. Arrange fennel slices, grapefruit segments, orange segments, and cucumber slices on each stack. Top with salmon and arugula.

2. Garnish with fennel fronds and black pepper, if desired. Serve with dressing.

Each serving contains: *45 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 190 mg sodium, 4 g carbohydrates, 1 g fiber, 2 g sugar, 4 g protein.* ***Daily values:*** *8% vitamin D, 2% calcium, 2% iron, 2% potassium.*

*

'Tis the season! Fennel has a distinct licorice flavor that pairs well with wintry citrus notes.

*

HOT SMOKED
COHO SALMON
OAK SMOKED
TRADITIONAL

Echo Falls Coho Salmon gets slowly smoked over oak for delicate flavor and flaky texture. Each ready-to-eat portion is a great source of omega-3 fatty acids and is responsibly sourced for sustainability.

Apple-and-Brie Biscuit Sliders

Store-bought biscuits get an upgrade with melty Brie and sweet, cooked apples for this simple fall appetizer.

PREP 25 minutes **COOK** 33 minutes
SERVES 12 *(1 each)*

2 (7.4 oz.) pkg. Callie's Hot Little Biscuit frozen buttermilk biscuits
¼ cup Fresh Thyme honey fig butter
½ (8 oz.) Fresh Thyme double crème Brie round, cut into 12 thin wedges
2 Tbsp. Fresh Thyme unsalted butter
1 Tbsp. Fresh Thyme honey, plus more for serving
6 Fresh Thyme organic thyme sprigs, plus more for serving
1 Cosmic Crisp apple, cored and cut into thin slices

1. Preheat oven to 400°F. Heat biscuits according to package directions.

2. Remove biscuits from foil. Split biscuits horizontally in half. Place biscuit bottoms, cut sides up, in a rimmed baking pan. Spread 1 tsp. fig butter on each biscuit bottom; top each with 1 Brie wedge.

3. Set biscuit tops, cut sides down, in baking pan next to biscuit bottoms. Bake for 6 to 8 minutes until tops are golden brown and Brie is slightly melted.

4. Meanwhile, in a medium skillet, melt unsalted butter over medium heat. Reduce heat to medium-low or low; stir in honey and 6 thyme sprigs. Cook for 30 to 60 seconds or until fragrant. Add apple slices; cook for 3 to 4 minutes or until apples are slightly softened, gently stirring occasionally. Remove from heat; cool slightly. Discard thyme sprigs.

5. To assemble, overlap apple slices on top of Brie; reserve honey-butter mixture in skillet. Drizzle apple slices with more honey and sprinkle with thyme leaves, if desired. Top with biscuit tops. Brush biscuit tops with reserved honey-butter mixture.

Each serving contains: *180 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 340 mg sodium, 20 g carbohydrates, 1 g fiber, 6 g sugar, 3 g protein.* ***Daily values:*** *0% vitamin D, 4% calcium, 6% iron, 2% potassium.*

Sticky Cranberry-Marmalade Meatballs

Tender bite-size meatballs get coated in a sticky, sweet-tart cranberry-orange marmalade glaze.

PREP 10 minutes **COOK** 20 minutes
SERVES 9 *(2 each)*

2 Tbsp. Fresh Thyme extra virgin olive oil
1 (14 oz.) pkg. Force of Nature frozen Italian style 100% grass-fed beef meatballs
¼ cup water
¼ cup Fresh Thyme 100% pure clover honey
¼ cup orange marmalade
1 Tbsp. fresh lemon juice
1 tsp. Fresh Thyme organic vanilla extract
1 (8 oz.) pkg. frozen whole cranberries
Fresh Thyme organic chives, for garnish

1. In a 10-inch cast-iron skillet, heat olive oil over medium heat. Add frozen meatballs; cook for 2 to 3 minutes or until meatballs are golden brown and have an internal temperature of 165°F, turning occasionally. Transfer to a bowl; cover with foil.

2. In the same skillet, whisk together water, honey, orange marmalade, lemon juice, and vanilla; stir in cranberries. Bring to a boil over medium heat; quickly reduce heat. Simmer, uncovered, over medium-low heat for 12 to 14 minutes or until thickened and reduced by half.

3. Add meatballs to cranberry mixture; cook for 2 to 3 minutes or until sauce thickens and coats meatballs. Garnish with chives, if desired. Serve immediately.*

*NOTE: To keep meatballs and sauce warm up to 4 hours, transfer to a 3-quart slow cooker; turn slow cooker setting to WARM.

Each serving contains: *210 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 340 mg sodium, 18 g carbohydrates, 1 g fiber, 14 g sugar, 9 g protein.* ***Daily values:*** *0% vitamin D, 0% calcium, 6% iron, 2% potassium.*

LAST-MINUTE GUESTS?

These crowd-pleasing appetizers are ready in minutes! Find them in our freezer section.

FRESH THYME
LOADED POTATO Perogies

FRESH THYME LOADED POTATO PEROGIES Bite-size pockets filled with bacon and Cheddar cheese.

BRAZI BITES
CHEESE BREAD
Cheddar & Parmesan

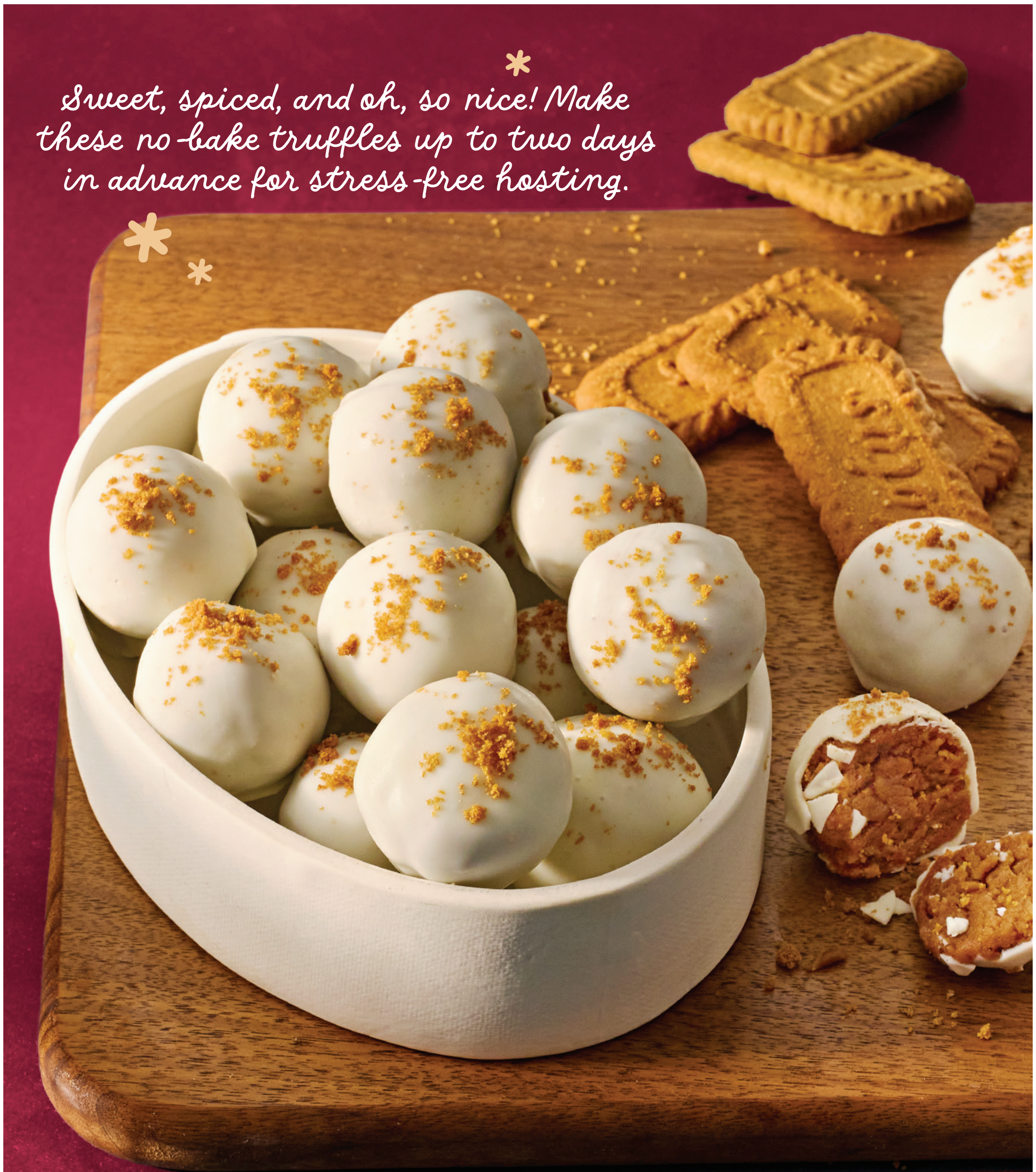
BRAZI BITES BRAZILIAN CHEESE BREAD An easy gluten-free appetizer with a flavor-packed cheesy center.

OMNI
Plant-Based Korean-Style BBQ Bao Buns

OMNI PLANT-BASED BBQ BAO BUNS Pork-style strips and Korean sauce in a cloud-like bao bun.

LAOBAN
GINGER CHICKEN DUMPLINGS

LAOBAN GINGER CHICKEN DUMPLINGS Sweet, zesty dumplings with just a touch of honey.



Sweet, spiced, and oh, so nice! Make these no-bake truffles up to two days in advance for stress-free hosting.

NO-BAKE SPICED COOKIE TRUFFLES

The perfect one-bite treat for spreading holiday cheer.

PREP 40 minutes COOK 2 minutes
SERVES 24 *(1 each)*

1 (8.8 oz.) pkg. Belgian speculoos rectangular biscuit cookies
½ cup Belgian speculoos biscuit cookie butter, warmed
6 oz. cream cheese, at room temperature
1 (10 oz.) pkg. white vanilla-flavor melting wafers

1. Line a small rimmed baking pan with parchment paper; set aside. Place cookies in a 1-gallon resealable plastic bag; finely crush with a rolling pin. Set aside 1 Tbsp. crushed cookies. Transfer remaining crushed cookies to a large bowl.

2. Add cookie butter and cream cheese to the large bowl with crushed cookies. Stir until cookie crumbs are moistened. Cover and refrigerate for 1 hour or until firm.

3. Scoop mixture into 24 (1½-inch) balls. Roll each ball between your hands to make round. Place in prepared baking pan and refrigerate for 30 minutes or until firm.

4. In a small microwave-safe bowl, microwave white vanilla wafers on high for 1 to 2 minutes or until melted, stirring every 15 seconds.

5. Dip cookie balls, one at a time, in melted mixture; remove with a fork and allow excess to drip off. Return to baking pan. Immediately sprinkle with a pinch of reserved crushed cookies. Refrigerate truffles for 20 minutes or until coating is set. Store in a tightly covered container in the refrigerator up to 2 days.

Each serving contains: *80 calories, 2.5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 110 mg sodium, 10 g carbohydrates, 0 g fiber, 2 g sugar, 3 g protein.* ***Daily values:*** *0% vitamin D, 2% calcium, 6% iron, 2% potassium.*

GOOD FOODS™

REAL INGREDIENTS
REAL DELICIOUS

We use real, high-quality ingredients to create delicious products packed with flavor you can trust. Make flavorful new recipes with our spreads or enjoy them straight from the tub.

GOOD FOODS™
CARAMELIZED ONION GRUYERE
DAIRY DIP
MADE WITH WISCONSIN CHEESE
REAL INGREDIENTS
NO ARTIFICIAL PRESERVATIVES

Scan to make these
CARAMELIZED ONION
AND GRUYERE
PINWHEELS

Pick up holiday platters at Fresh Thyme!

FRESH, FESTIVE, AND PERFECT FOR ANY GATHERING, OUR SAVORY AND SWEET PLATTERS SAVE YOU TIME AND STRESS. TO ORDER, CALL OR VISIT YOUR LOCAL FRESH THYME DELI COUNTER.

Order platters at least 48 hours in advance.

$1 OFF

If You Care Items (excludes Large Baking Cups)

Before the holiday baking begins, stock your kitchen with high-quality household products safe for your family and the planet. All If You Care paper products are crafted to be totally chlorine-free (TCF) to keep waterways clean.

if you care
Parchment Baking Paper
FSC® & Compostable Certified Unbleached Totally Chlorine-Free (TCF)
70 SQ FT 6.5 SQ M

$2 OFF

Tony's Coffee Sugar Bee Espresso 12 oz.

Become a barista with Tony's Coffee Sugar Bee Espresso. Sweet and syrupy with complex chocolate and fruit notes, this medium roast brews silky-smooth espresso. Add your favorite milk or milk alternative to make a buzz-worthy latte.

WHOLE BEAN
TONY'S
COFFEE
SUGAR
BEE
ESPRESSO
SWEET & SYRUPY WITH COMPLEX CHOCOLATE AND FRUIT NOTES
12 OZ

$2 OFF

Portland Pet Food Company Dog Meals

The most convenient way to feed fresh food! Portland Pet Food's human-grade meal pouches are a perfect boost of whole foods to your dog's diet. Add it to your dog's meal rotation, or use it as a mixer or topper with kibble!

PORTLAND PET FOOD COMPANY
Rosie's
BEEF N' RICE
HOMESTYLE DOG MEAL
Gluten & Wheat Free
NET WT 9 oz. / 255g

$3 OFF

Pro-Ven Probiotics Fit for School Chewables 30 ct.

Each strawberry-flavored tablet has 12.5 billion probiotics, plus vitamin C to support immunity. Proven to reduce the incidence and duration of coughs and colds*, Fit for School tablets help to keep kids in the classroom.

PRO-VEN PROBIOTICS
Fit for School
DIETARY SUPPLEMENT
LAB4 PROBIOTIC WITH VITAMINS C & D FOR CHILDREN
SHOWN TO REDUCE ABSENTEEISM FROM SCHOOL BY 30%
30 ONCE-DAILY CHEWABLE TABLETS

*These statements have not been evaluated by the Food and Drug Administration.

$10 OFF 2 ITEMS, OVER $10 RETAIL

Cornbread Hemp

(excludes THC Seltzer)

Stress less, sleep better, and soothe aching muscles and joints with Cornbread's USDA-certified organic Kentucky hemp products. Made with high-quality hemp, Cornbread CBD gummies, balms, and more help you live the good life.

GROWN IN KENTUCKY
CORNBREAD
Peppermint & Arnica
CBD Balm
750MG 30 GUMMIES
Sleep
CBD Gummies
GROWN IN KENTUCKY

Product availability varies by state and will not be sold to persons under the age of 21. Use only as directed on the label.

$1 OFF 1 BOTTLE

TÖST

25.4 fl. oz.

Good hosts serve TÖST! Fresh, crisp, and alcohol-free, each all-natural sparkling beverage is made with premium white tea and a kiss of ginger. Available in original, rosé, and sangria, raise a glass to celebrate life's möments big and small.

TÖST
SANGRIA
TÖST
ROSÉ
TÖST

FRESH THYME MARKET

$2 Off Tony's Coffee Sugar Bee Espresso, 12 oz.

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.
Valid in-store only 11.01.25 – 12.31.25

4 77777 00839 1

FRESH THYME MARKET

$1 Off If You Care Items

(excludes Large Baking Cups)

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.
Valid in-store only 11.01.25 – 12.31.25

4 77777 00838 4

FRESH THYME MARKET

$3 Off Pro-Ven Probiotics Fit for School Chewables, 30 ct.

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.
Valid in-store only 11.01.25 – 12.31.25

4 77777 00833 9

FRESH THYME MARKET

$2 Off Portland Pet Food Company Dog Meals

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.
Valid in-store only 11.01.25 – 12.31.25

4 77777 00832 2

FRESH THYME MARKET

$1 Off TÖST Bottle, 25.4 fl. oz.

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.
Valid in-store only 11.01.25 – 12.31.25

4 77777 00843 8

FRESH THYME MARKET

$10 Off Cornbread Hemp (with purchase of 2 items, over $10 retail; excludes THC Seltzer)

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit two items per coupon. Exclusions may apply.
Valid in-store only 11.01.25 – 12.31.25

4 77777 00834 6

$1 OFF

Fresh Thyme Brie and European Style Camembert

Rich, smooth, and creamy, soft-ripened cheese is the perfect addition to any holiday gathering. Fresh Thyme's French-style Brie and Camembert cheeses have a delicate mushroom flavor that pairs well with fig and honey.

$1 OFF

Fresh Thyme Frozen Vegetables

Fresh Thyme frozen vegetables are delicious, nutritious, and a time-saving weeknight win! Follow microwave directions on the packaging to steam broccoli florets, green peas, and more right in the bag.

$2 OFF

Fresh Thyme Ice Cream

48 fl. oz.

Treat yourself to a bowl of velvety smooth ice cream in classic flavors like chocolate, vanilla, and moose tracks. The cherry on top? Each bite follows Fresh Thyme's Free From standards, promising no artificial flavors or colors.

$1 OFF

Fresh Thyme Organic Milk

64 fl. oz.

Milk is an excellent source of calcium and vitamin D, supporting bone health and muscle growth for all ages. Redeem this coupon and save big on Fresh Thyme organic whole, fat free, or 2% milk.

$1 OFF

Fresh Thyme Butter

16 oz.

Stock up on kitchen staples like Fresh Thyme salted and unsalted butter. Individually wrapped quarters make holiday hosting easy, whether you're baking a fresh batch of cookies or indulging in a butter board.

50¢ OFF PER POUND

Fresh Thyme Chicken

by Springer Mountain Farms

We source our chicken from Springer Mountain Farms—a family-owned farm dedicated to animal welfare and protecting the environment. Make tasty meals with their antibiotic-free chicken, raised with care for juicy, flavorful results.

FRESH THYME MARKET

$1 Off Fresh Thyme Frozen Vegetables

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.

Valid in-store only 11.01.25 – 12.31.25

4 77777 00836 0

FRESH THYME MARKET

$1 Off Fresh Thyme Brie and European Style Camembert

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.

Valid in-store only 11.01.25 – 12.31.25

4 77777 00835 3

FRESH THYME MARKET

$1 Off Fresh Thyme Organic Milk, 64 fl. oz.

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.

Valid in-store only 11.01.25 – 12.31.25

4 77777 00840 7

FRESH THYME MARKET

$2 Off Fresh Thyme Ice Cream, 48 fl. oz.

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.

Valid in-store only 11.01.25 – 12.31.25

4 77777 00837 7

FRESH THYME MARKET

50¢ Off Per Pound Fresh Thyme Chicken

by Springer Mountain Farms

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.

Valid in-store only 11.01.25 – 12.31.25

4 77777 00842 1

FRESH THYME MARKET

$1 Off Fresh Thyme Butter, 16 oz.

Present this coupon to cashier at checkout. Offer excludes sales tax and is not redeemable for cash. May not be combined with other offers. Limit one item per coupon. Exclusions may apply.

Valid in-store only 11.01.25 – 12.31.25

4 77777 00841 4

MOVE AWAY STRESS

THE HOLIDAYS ARE FULL OF JOY AND, ADMITTEDLY, STRESSFUL SITUATIONS. PRACTICES THAT ENHANCE THE MIND-BODY CONNECTION MAY BE MOST VALUABLE DURING THIS BUSY SEASON.

Mindful exercises, like yoga and meditative walking, don't simply feel relaxing. Evidence suggests these practices work significantly to reduce stress and increase happiness. The benefit lies in the mind-body connection that takes place during these movements. Research shows that deep breathwork, attention to the body's position, and conscious thought control during exercise may affect hormone levels—lowering cortisol and raising endorphins—and activate the parasympathetic nervous system. These physiological changes boost your mood and provide mental clarity.

Consult with your healthcare provider before beginning any new exercise routine.

Source: *https://www.sciencedirect.com/science/article/pii/S0975947623000839#:~:text=Yoga%20plays%20a%20beneficial%20role,wellbeing%20%5B20%2C21%5D.*

SIMPLE RITUALS

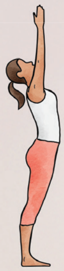
Practice mindful, intentional habits during and after moderate exercise to consciously calm the mind. When out for a winter walk, for example, focus on the sights, sounds, and scents around you. Check in with yourself. Notice the natural rhythm of your steps.

Moving meditation, like yoga, uses breathwork to help focus your mind. Pair poses with each inhale and exhale, staying present on your mat. When thoughts and feelings arise, address them and then let them go, gently bringing your attention back to your mindfulness practice. This training may reduce stress and increase concentration.

After movement, try resonance breathing, or slow, deep breaths. This practice may lower blood pressure, improve heart rate variability, increase oxygen levels, and activate the parasympathetic nervous system.

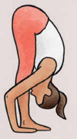
MINDFUL MOVEMENTS

This sun salutation series aligns breath with movement, helping you feel grounded and energized. Flow through each asana—or posture—then repeat as desired.



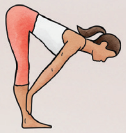
1. MOUNTAIN POSE

On an inhale, stand tall with your feet hip-width distance apart. Raise your hands above your head.

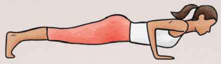


2. FORWARD FOLD

Exhale and bend forward at your hips. Reach your hands toward your mat or yoga blocks. Gaze toward your shins.

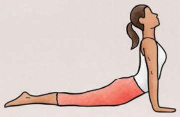


3. HALFWAY LIFT Inhale, lift your torso slightly, and straighten your spine. Press your palms into your shins or thighs. Gaze down at your mat.



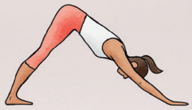
4. CHATURANGA DANDASANA

Exhale, step into plank position on your toes or knees. Bend your elbows at a 90-degree angle and hug your arms in at your sides.



5. UPWARD-FACING DOG

Inhale and flip onto the top sides of your feet. Straighten your arms and pull your chest forward. Engage your core. Lift your thighs away from the mat.



6. DOWNWARD-FACING DOG

Exhale, step onto the balls of your feet. Lift your hips toward the back of the room. Press the crown of your head and your heels toward the mat.

TEAM MEMBER

MELISSA SHEPHERD

Grocery Manager | 3 Years at Fresh Thyme Market

"I never thought I would be patient enough for yoga. I wasn't good at being still or holding poses. Now I enjoy the control and balance it gives me. It's a mind and body challenge."

Consult with your healthcare provider before beginning any new exercise routine.

Sources: *https://pmc.ncbi.nlm.nih.gov/articles/PMC10919405/, https://pmc.ncbi.nlm.nih.gov/articles/PMC8924557/ https://pmc.ncbi.nlm.nih.gov/articles/PMC3289222/*

NO. 11: AMBER & MOSS
ROOM & LINEN
MADE WITH FINE FR
P.F. CANDLE CO
7.75 FL OZ · 229 ML
CALYAN WAX CO
MUSK + TEAKWOOD
soy candle
bringing light to a dark world
ILLUME

CUT OUT HOLIDAY CHAOS

Igniting the mind-body connection is hard to do in a space full of things fighting for your attention. The scents, scenery, and sounds of a space can help you focus. A tidy area without distracting technology is the best environment for entering into mindful movements.

INCENSE

Incense commonly refers to material that releases a steady, aromatic smoke when burned. This includes thin bamboo sticks rolled in an herbal paste or a tight bundle of dried plants, such as sage leaves. *Try: Triloka Palo Santo Aromatherapy Incense, Triloka White Sage Aromatherapy Herbal Bundles*

Triloka
White Sage
Triloka
Palo Santo
10 STICKS

ESSENTIAL OILS

Essential oils are extracted from various fruits, flowers, and plants and contain no synthetic fillers. They can be added to oil diffusers or applied topically to the skin with the addition of a carrier oil such as coconut or jojoba oil. *Try: Fresh Thyme Essential Oils*

FRESH THYME
FRANKINCENSE
FRESH THYME
LAVENDER

AT-HOME Café

HOST A COZY CAFÉ-STYLE GET-TOGETHER ON YOUR OWN COMFY COUCH! DWELL WITH FRIENDS OVER WARM SEASONAL FLAVORS AND HEARTY BREAKFAST BITES.

Fresh Thyme has barista-worthy syrups, accessories, and more to outfit the ultimate at-home coffee station.

FRESH THYME
MARKET
COLOMBIAN
DECAF
ARABICA COFFEE
BEANS
Ground
ROAST PROFILE
Medium
TASTING NOTES
Bright notes of sugar cane and dark chocolate
NET WT. 12 OZ (340g)
K
FRENCH ROAST
ARABICA COFFEE
ROAST PROFILE
Dark
Ground

Fresh Thyme coffee makes the perfect stocking stuffer!

COFFEE CULTURE Coffee shops aren't just for a quick caffeine fix—they're places to linger, get work done, or reconnect with old friends. Bring café culture to your home with coffee favorites from Fresh Thyme Market. Grind roasted beans in store and customize your coffee bar with sweet syrups, warm seasonings, and frothy creamers. Stock your at-home café with fresh baked treats to enjoy with your craft coffee concoctions.

KNOW YOUR ROASTS

LIGHT

Light roasting preserves the origin flavor of the coffee bean. The variety of bean and processing method are easy to perceive, highlighting the fruity, floral, acidic, tea-like, and even savory flavors of light roasts.

MEDIUM

Medium roasts are the peak of caramelization, where coffee is balanced between origin character and roast quality. These roasts boast caramel, vanilla, nut, or chocolate flavor, and have a heavier body.

DARK

Dark roast coffees extend the caramelization process, creating heavily toasted flavors. Typically smoky and chocolaty, these coffees feature a heavy body and low acidity.

FRESH THYME PRIVATE LABEL COFFEE

Fresh Thyme is dedicated to high-quality coffee. Each flavor undergoes a screening process to ensure quality standards and high taste scores. Seasonality is integral to the program, meaning coffees are sourced for only one growing season at a time to ensure that the coffee is always fresh and free of any aged nuances.

TEAM MEMBER
ROBERT ABDEE
Category Manager,
Grocery & Bulk Foods
10 Years at Fresh Thyme Market

"Storing coffee in a temperature-stable, dry area away from light is ideal—usually a cupboard in most homes. Refrigerators and freezers usually have other smells that coffee can absorb. If your freezer is free from odors, it can be a good place to prolong the life of your coffee."

MAPLE-CARDAMOM LATTE

Warm, cozy, and caffeinated. Spice up your fall and winter lattes with this easy-to-make cardamom simple syrup.

PREP 15 minutes **COOK** 7 minutes
SERVES 1 (7 oz.)

CARDAMOM SIMPLE SYRUP

½ cup Fresh Thyme organic maple syrup
½ cup water
2 tsp. ground cardamom
½ tsp. ground cinnamon
1 tsp. vanilla bean paste

CARDAMOM LATTE

2 oz. brewed Tony's Coffee Sugar Bee Espresso
1 oz. Cardamom Simple Syrup
4 oz. steamed Fresh Thyme organic whole milk
Ground cinnamon, for garnish

1. For syrup, in a small saucepan, stir together maple syrup, water, cardamom, cinnamon, and vanilla bean paste. Bring to a boil over medium heat; reduce to medium-low heat. Simmer, uncovered, for 2 to 3 minutes or until fragrant. Remove from heat; cool completely. Transfer to a tightly covered storage container; refrigerate up to 4 days.

2. For latte, in 1 (12-oz.) mug, add espresso and syrup. Top with steamed milk. Garnish with ground cinnamon, if desired.

Each serving contains: *140 calories, 4 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 65 mg sodium, 21 g carbohydrates, 0 g fiber, 18 g sugar, 4 g protein.* ***Daily values:*** *8% vitamin D, 10% calcium, 2% iron, 6% potassium.*

Tony's Coffee is committed to high-quality, sustainably sourced coffee beans. By carefully monitoring its carbon footprint, Tony's Coffee pledges to be fully carbon neutral by 2030, offsetting all its carbon emissions since it was founded in 1971.

WHOLE BEAN
TONY'S
COFFEE
SUGAR
BEE
ESPRESSO

CHOCOLATE CHUNK BREAKFAST COOKIES

A salty, sweet breakfast you can feel good about made with protein oats and fiber-rich chia seeds.

PREP 30 minutes
COOK 20 minutes
SERVES 18

1 cup Fresh Thyme unbleached enriched all-purpose flour
1 cup organic protein oats
1 Tbsp. whole chia seeds
½ tsp. baking powder
½ tsp. Fresh Thyme fine sea salt
½ cup Fresh Thyme unsalted butter, at room temperature
½ cup Fresh Thyme creamy almond butter, stirred well
⅓ cup packed Fresh Thyme light brown sugar
2 Fresh Thyme large eggs
2 tsp. Fresh Thyme organic vanilla extract
2 (3 oz.) Fresh Thyme pure dark 72% cacao chocolate bars, coarsely chopped; divided
¾ cup roasted unsalted shelled pistachios, coarsely chopped; divided
½ cup roasted unsalted sunflower kernels
Flaky sea salt, for garnish

1. Preheat oven to 350°F. Line 2 large cookie sheets with parchment paper; set aside.

2. In a medium bowl, whisk together flour, oats, chia seeds, baking powder, and salt; set aside.

3. In a large bowl, beat butter, almond butter, and brown sugar with a hand mixer on medium until well combined. Add eggs and vanilla; beat until combined. Stir in flour mixture until combined. Fold in 1 cup chocolate chunks, ½ cup pistachios, and sunflower kernels.

4. Scoop dough into 1¾-inch balls; place 3 inches apart on prepared cookie sheets. Flatten each dough ball to 2½ inches in diameter. Sprinkle with remaining ¼ cup pistachios.

5. Bake cookies, one cookie sheet at a time, for 9 to 10 minutes or until bottom edges are golden brown. Remove from oven and top with the remaining ⅓ cup chocolate chunks. Garnish with sea salt, if desired. Cool on cookie sheets for 10 minutes. Transfer cookies to a wire rack; cool completely.

Each serving contains: *280 calories, 19 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 90 mg sodium, 22 g carbohydrates, 4 g fiber, 7 g sugar, 7 g protein.* ***Daily values:*** *0% vitamin D, 2% calcium, 8% iron, 2% potassium.*

PUMPKIN-COCONUT CREAM COLD BREW

Smooth, bold, and easy to make at home, cold brew coffee gets a creamy, dairy-free upgrade.

PREP 12 minutes plus steeping and cooling time
COOK 4 minutes
SERVES 14 (*7½ oz. each*)

COLD BREW

1 (10 oz.) pkg. Fresh Thyme ground Jamaican Blue Mountain Blend coffee
10 cups cold water

PUMPKIN-COCONUT CREAM

1 (7.4 oz.) can sweetened condensed coconut milk
2 (13.5 oz.) cans Fresh Thyme organic unsweetened lite coconut milk
1 (15 oz.) can 100% pumpkin puree
3 tsp. pumpkin pie spice, plus additional for garnish
½ tsp. kosher salt
So Delicious Cocowhip coconut whipped topping, for garnish

1. For cold brew, in a 2-quart stockpot or container with lid, combine ½ pkg. ground coffee with 6 cups cold water; stir and let stand for 15 minutes. Add remaining coffee grounds and remaining cold water; stir. Cover and refrigerate for 18 to 24 hours.

2. Strain mixture through a cheesecloth-lined fine-mesh sieve placed over a large bowl; discard grounds. Refrigerate in an airtight glass container for up to 1 week.

3. For pumpkin-coconut cream, in a medium saucepan, heat sweetened condensed coconut milk and unsweetened coconut milk over medium heat for 3 to 4 minutes, or just until bubbles form around edges of the pan. Remove from heat and whisk in pumpkin puree, 3 tsp. pumpkin pie spice, and salt; cool completely.

4. For each serving, fill 1 (18-oz.) glass with ice. Pour in 4½ oz. cold brew and 3 oz. pumpkin-coconut cream. Top with coconut whipped topping and garnish with additional pumpkin pie spice, if desired.

Each serving contains: *170 calories, 12 g fat, 11 g saturated fat, 0 g trans fat, 0 mg cholesterol, 95 mg sodium, 15 g carbohydrates, 1 g fiber, 10 g sugar, 1 g protein.* ***Daily values:*** *0% vitamin D, 0% calcium, 4% iron, 4% potassium.*

Mildly sweet pumpkin-coconut cream pairs perfectly with the nutty, chocolaty flavors of Fresh Thyme Jamaican Blue Mountain Blend coffee.

BEAUTY OF GIFTING

PAMPER YOUR PEOPLE WITH HOLIDAY GIFT BUNDLES FROM FRESH THYME.

HOSTESS
Know a social butterfly? Treat her to beauty favorites such as vegan nail polish and top coat, hydrating sheer lip oil, and gentle micellar rose water.

SERVICE WORKER
Show appreciation to your hair stylist, mail carrier, and more with a spa-worthy gift basket. Include hand repair cream and a salt soak block to soothe working bodies.

TEACHER
Prep for second semester with school-day necessities—a stylish coffee or tea mug, extra scrunchies for recess, and a pocket-size hand sanitizer with a calming lavender scent.

SOMETHING THOUGHTFUL
Complete any of these baskets with a Fresh Thyme Market gift card. It's a simple gesture that shows you care.

HEALTH·ADE KOMBUCHA®

Deck the Fridge With Probiotics

#1 Organic Kombucha*
*#1 selling, per SPINS
Sip This Season
HEALTH·ADE KOMBUCHA
PINK LADY APPLE
bubbly probiotic tea for a happy gut
16 FL OZ (1 PINT) 473 mL
USDA ORGANIC

Say hello to more feel-good-gut days!

Every bottle of Health-Ade Kombucha combines thirst-quenching, organic juice with the living probiotics of fermented tea for a deliciously bubbly, gut-healthy beverage. You're sips away from a healthier gut and a happier you!

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USDA ORGANIC

REAL FRUIT JUICE

NATURAL ANTIOXIDANTS

GUT-HEALTHY ACIDS

YOUR DAILY PROBIOTIC

VITAMIN ANGELS

SINCE OPENING OUR FIRST STORE IN 2014, FRESH THYME HAS SUPPORTED VITAMIN ANGELS' MISSION TO MAKE OUR WORLD A HEALTHIER PLACE.

Vitamin Angels is a public health nonprofit committed to making good health accessible to all. By collaborating with partners like Fresh Thyme, the organization provides vital nutrition and resources to women, infants, and young children who need it most. Evidence-based interventions support nutrition during the critical stages of pregnancy and early childhood.

We are proud to support Vitamin Angels every single day through a variety of in-store initiatives. Over the past 10+ years of partnership, we've helped more than 7 million women and children gain access to essential nutrients in underserved communities across all 50 U.S. states and globally. Our successful partnership is made possible by our dedicated employees and customers, who drive every dollar donated.

Thank you, Vitamin Angels, for leading the charge and serving more than 7 million women and children through our partnership.

Photo Courtesy of ©Vitamin Angels

TEAM MEMBER
KAYLA PINTO
Vitamin Category Manager
6 Years at Fresh Thyme Market

"Fresh Thyme partners with Vitamin Angels because we feel our missions are aligned. Vitamin Angels helps provide essential nutrition to women and children at the most important times. Fresh Thyme stands by our company pillars of quality, experience, and community."

HOW TO HELP

FOR EVERY BOTTLE OF FRESH THYME PRIVATE LABEL VITAMINS SOLD, WE DONATE 25 CENTS TO VITAMIN ANGELS, REACHING ONE WOMAN OR CHILD WITH LIFE-CHANGING VITAMINS. IN ADDITION, WE HOLD A ROUND-UP AT THE REGISTER CAMPAIGN EVERY DECEMBER, WHICH RAISED $72,113 LAST YEAR.

FRESH THYME
Easy-to-Swallow
BASIC MULTI
Dietary Supplement
180 VEGETARIAN TABLETS

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Colostrum

Designed to fortify your gut health and support your body's natural defenses, Colostrum is packed with antibodies like lactoferrin, IgG and IgA to help keep your healthy immune system† in top shape.

ANCIENT NUTRITION

SUPPORTS A HEALTHY IMMUNE SYSTEM†

SUPPORTS A HEALTHY GUT MICROBIOME†

SUSTAINABLY SOURCED & MADE WITHOUT HORMONES

INCLUDES CLINICALLY STUDIED INGREDIENTS

CLINICALLY STUDIED INGREDIENTS
ANCIENT NUTRITION
COLOSTRUM
Gut & immune system health support†
Unflavored
GRASS-FED COLOSTRUM
2 BILLION CFU† PROBIOTICS
BIOACTIVE LACTOFERRIN
WHOLE FOOD DIETARY SUPPLEMENT | NET WT. 2.8 OZ (78 G)
CLINICALLY STUDIED INGREDIENTS
ANCIENT NUTRITION
COLOSTRUM
Gut & immune system health support†
Lemon Bar
FLAVOR
GRASS-FED COLOSTRUM
2 BILLION CFU† PROBIOTICS
BIOACTIVE LACTOFERRIN
WHOLE FOOD DIETARY SUPPLEMENT | NET WT. 4.02 OZ (114 G)

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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Not All Multis Are Created Equal

Rainbow Light® multivitamins are made with real food nutrients and backed by over 40 years of trusted wellness expertise. With formulas designed for every age and stage, we make it simple to support your family's wellness every day.*

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DAILY MULTIVITAMIN
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Supports Immune Health*
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RAINBOW LIGHT™
HIGH POTENCY
MEN'S ONE™
DAILY MULTIVITAMIN
Promotes Whole Body Health*
Supports Heart Health*
with Ashwagandha, Lycopene, and Probiotics
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